📝 SMART Mental Health Goal-Setting Template

1. My Vision

(What do I want my life/mental health to look like in the future?)

2. My Strengths & Resources

(What strengths, skills, or supports can help me succeed?)

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3. My SMART Goals

SMART GOAL 1

- **Specific**: What exactly do I want to achieve?
- **Measurable**: How will I track my progress?
- **Achievable**: Is this realistic for me right now?
- **Relevant**: Why is this important to my overall well-being?
- **Time-bound**: When do I want to reach this by?

✨ *My full SMART goal statement:*
"I will _____ by _____ (date)."

SMART GOAL 2

- **Specific**: _____

- **Measurable**: _____
- **Achievable**: _____
- **Relevant**: _____
- **Time-bound**: _____

✨ *My full SMART goal statement:*
"I will _____ by _____ (date)."

4. Action Steps

(Break goals into smaller steps I can take right now)

- Step 1: _____
- Step 2: _____
- Step 3: _____

5. Coping Strategies & Supports

(What helps me stay grounded when challenges come up?)

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6. Progress Check-In

(How will I review my goals and celebrate progress?)

- Review date: _____
- Signs of progress I'll look for: _____
- How I'll celebrate wins: _____

7. Motivation Statement

(A reminder to myself of why this matters)